FREE!
September 2025

Wegmans

Feel Your Best

sweet potato fries

inside

Cholesterol control

All about garnishes

Learn to roast a chicken

apples

Research suggests that the adage, "An apple a day keeps the doctor away," may be more than just a clever saying. Apples may protect neuron cells, reducing the risk of Alzheimer's disease and other neurodegenerative disorders.

Apples also contain pectin, a soluble fiber that can lower cholesterol levels and help relieve constipation and diarrhea by promoting regularity. A raw apple is also an excellent source of quercetin, a flavonoid and antioxidant shown to fight heart disease and asthma.

Frequent apple consumption has been linked to a reduced risk of stroke. Eating three or more servings of fruit, including apples, each day may help prevent Type 2 diabetes. Due to their high antioxidant content, apples may also help reduce the risk of cancer. ●

SELECTED SOURCES **"7 reasons why apples are good for you,"** https://Health.ClevelandClinic.org, 8/7/23 • ***The Food Encyclopedia*** by Jacques L. Rolland and Carol Sherman ($49.95, Robert Rose, 2006) • **"Pick apples for a bushel of health benefits,"** www.MayoClinicHealthSystem.org, 12/23/24

6

[september contents]

5 **market gourmet**
Melons and Honey

6 **health front**
Chili peppers help you feel fuller • Cucumbers boost hydration • Young kids prefer smoother foods

12 **African cuisine**
Chickpeas in Coconut Sauce • Garlic Butter Chapati • Garlic Ginger Paste • Roasted Sweet Potato with Chili & Lime • Adam's Café's North African Pickles

18 **quick tips**
Herb garnishes elevate your favorite dishes.

20 **healthy strategies**
Easy ways to manage your cholesterol.

22 **2025 *Taste for Life* kids' nutrition chart**
Make sure little ones get the nutrients they need.

26 **roast a chicken**
Dinner tonight and leftovers tomorrow.

28 **opt for organic**
Benefits for you and the planet.

African cuisine

Vegetarian recipes from around the continent.

12

18

22

Products advertised or mentioned in this magazine may not be available in all locations.

© 2025 ARMELLE HABIB

recipe finder

5 Melons and Honey

13 Chickpeas in Coconut Sauce

Garlic Butter Chapati

Garlic Ginger Paste

14 Roasted Sweet Potato with Chili & Lime

15 Adam's Café's NorthAfricanPickles

27 Garlic Butter-Roasted Chicken with Jammy Shallots

Garlic Herb Butter

Leftover Roasted Chicken Sandwich

coming in *october*

- Seafood for supper
- Breast cancer awareness
- Pasta, 3 ways

tasteforlife®

CHIEF CONTENT OFFICER AND STRATEGIST
Lynn Tryba
(Lynn.Tryba@TasteforLife.com)

CONTRIBUTING EDITORS
Lisa Fabian, Rich Wallace

ASSOCIATE EDITOR
Kelli Ann Wilson

CREATIVE DIRECTOR
Michelle Knapp

PRODUCTION/GRAPHIC DESIGNER
Brian Jenkins

CHIEF OPERATING OFFICER
Amy Pierce

CUSTOMER SERVICE
800-677-8847
CustomerService@TasteforLife.com

CLIENT SERVICES DIRECTOR - RETAIL
Judy Gagne (x128)

CLIENT SERVICES DIRECTOR - ADVERTISING & DIGITAL
Ashley Dunk (x190)

VICE PRESIDENT – GROUP BRAND PROMOTIONS
Bob Mucci 603-831-1868

VICE PRESIDENT – RETAIL SALES AND STRATEGIC PARTNERSHIPS
Anna Johnston
(Anna.Johnston@TasteforLife.com)

CHAIRMAN AND FOUNDER
T. James Connell

CREATIVE AND SALES OFFICES
155 Washington Street
Keene, NH 03431 603-283-0034

Published monthly by Taste for Life®, 155 Washington Street, Keene, NH 03431, 603-283-0034 (fax 603-676-7941);

© 2025 Connell Communications, Inc. All rights reserved. This magazine is not intended to provide medical advice on personal health conditions, nor to replace recommendations made by health professionals. The opinions expressed by contributors and sources quoted in articles are not necessarily those of the editor or the publisher. Advertisers and advertising agencies assume liability for all content of advertising and for any claims arising therefrom. Information appearing in this magazine may not be reproduced in whole or in part without express permission of the publisher.

ENVIRO/TECH INK

The inks used to print the body of this publication contain a minimum of 20%, by weight, renewable resources.

Please Recycle This Magazine

Printed in the US on partially recycled paper.

MAHO Mid-American Health Organization · Member Organic Trade Association · POSITIVELY NATURAL. · SENPA

For more health and wellness resources visit
www.tasteforlife.com

A NOTE ON RECIPES
Nutritional analysis from Edamam. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

RECIPE KEY
D Dairy Free · G Gluten Free · N Nut Free · V Vegan · V Vegetarian

© 2024 CAITLIN BENSEL

30 min prep time
serves 4

Melons and Honey DGV

From ***The Mediterranean Dish: Simply Dinner*** by Suzy Karadsheh ($35, Clarkson Potter/Publishers, 2024)

- ¾ c roughly chopped pistachios
- 3 Tbsp honey
- 1 Tbsp dark brown sugar
- Grated zest and juice of 2 large limes (about ¼ c juice)
- 5 c 1-inch seedless watermelon cubes or melon balls
- 3 c 1-inch cantaloupe cubes or melon balls

1. Set a small nonstick pan over medium heat. Add pistachios and toast for 2 to 3 minutes, stirring with a wooden spoon, until fragrant. Add honey and brown sugar and warm, stirring constantly, for about 1 minute, or until brown sugar fully dissolves. Turn heat off and stir in lime zest and juice. Set aside to cool for 5 minutes. Taste and, if needed, stir in more honey.

2. Combine watermelon and cantaloupe in a large shallow serving bowl. Spoon pistachio and honey syrup all over and serve.

Kitchen Note: Sweet summer melons don't need much fussing, but it's not a bad idea to dress them up with a drizzle of crushed pistachios and honey syrup. For the best flavor, use the syrup while it's warm.

Per serving: 295 Calories, 7 g Protein, 0 mg Cholesterol, 49 g Carbohydrates, 39 g Total sugars (15 g Added sugars), 5 g Fiber, 11 g Total fat (2 g sat), 23 mg Sodium, ★★★★★ Vitamin C, ★★★★ Vitamin B6, ★★ Vitamin A, B1 (thiamine), Phosphorus, ★ Vitamin B3 (niacin), Folate, Iron, Magnesium, Potassium

a little heat **may curb calories**

Adding chili peppers to your lunch might help lower your calorie intake. Penn State researchers fed 130 participants mild or spicy versions of chicken tikka masala or beef chili and measured the amount of food and water they consumed, how long the eating sessions lasted, and other factors.

Participants ate the spicy foods more slowly and generally consumed smaller amounts. Lead author Paige Cunningham, PhD, explained that slower eating means food stays in the mouth longer. That signals fullness, which often leads to eating less.

SELECTED SOURCES **"Increasing the spiciness of a lunch meal influences oral processing behaviors and decreases food and energy intake"** by P.M. Cunningham et al., *Food Quality and Preference*, 10/25 • **"Looking to cut calories? Try adding chilies, study suggests,"** Penn State, 5/22/25

cool **cukes**

Cucumbers are 96 percent water, so they're an ideal hydrating snack on summer days. The skin and seeds are good sources of fiber and vitamin K. Nutrition experts at Tufts University suggest enjoying them "sliced and dipped, pureed into smoothies and soups, or grated into a tasty yogurt sauce."

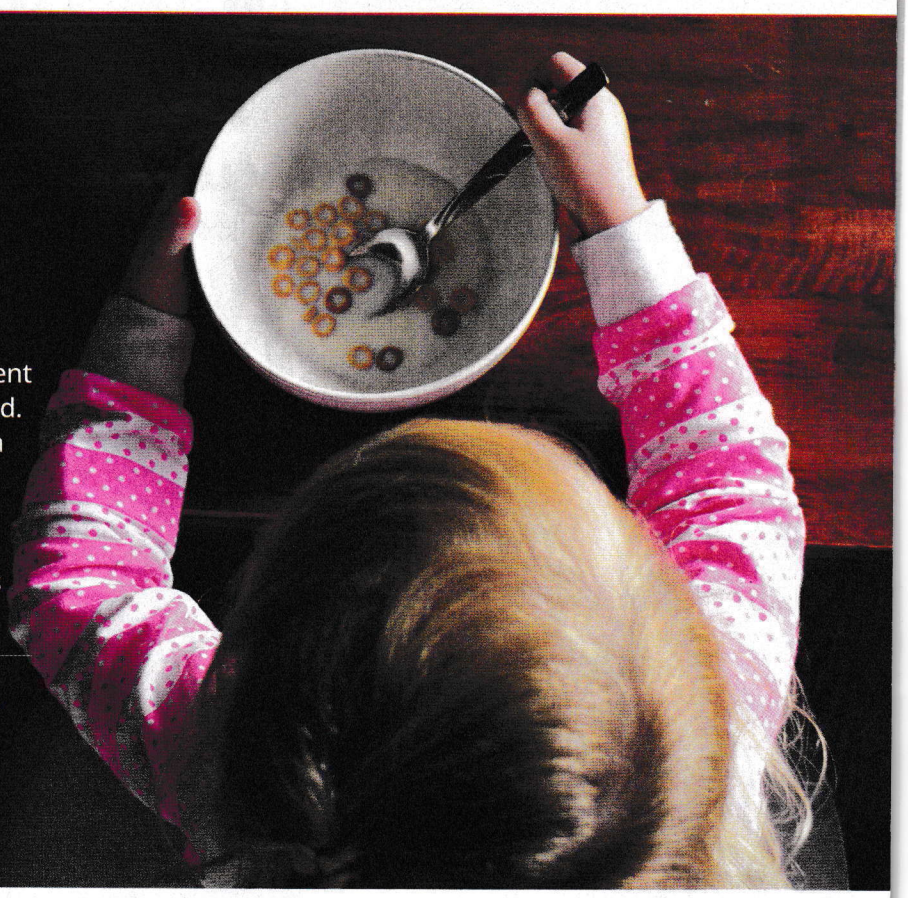
SOURCE **"Cool as a Cucumber!"** *Tufts University Health & Nutrition Letter*, June 2025

cereals **falling short**

Check those breakfast-cereal labels carefully. A new analysis found that fat, sodium, and sugar increased notably in many US brands over a recent 13-year period. Protein and fiber levels decreased.

"These trends suggest a potential prioritization of taste over nutritional quality in product development, contributing to childhood obesity and long-term cardiovascular health risks," according to the authors of the study, which was published by the American Medical Association.

SOURCE **"Nutritional content of ready-to-eat breakfast cereals marketed to children,"** by S. Zhao et al., *JAMA Network Open,* 5/21/25



smooth choices

If you've noticed a shift in your first-grader's eating preferences, scientists advise that the change may be short-lived. A new study found that 6-year-olds tend to develop one consistent habit: They reject chunky food.

Researchers had 485 children aged 5 to 12 choose between six different foods with and without lumps, seeds, or pieces of fruit in them, including bread, orange juice, peanut butter, strawberry jam, yogurt, and tomato soup. Seventy-six percent of the 6-year-olds opted for foods with smooth textures. That was the highest preference rate among any age group.

"The fact that children in general are not happy with too many lumps in food is probably something many people can recognize, but this is the first time that a scientific study has linked a specific age group, namely six-year-olds, so clearly to this food preference," said study author Ching Yue Chow, PhD.

Older kids in the study were more likely to select foods with lumps, seeds, or chunks of fruit.

SELECTED SOURCES **"New study on children and food: Fruit chunks in yogurt are a turn off for one age group in particular,"** University of Copenhagen, 7/3/24 • **"Oral size perception and texture preferences for particle-containing foods in children aged 5–12"** by C.Y. Chow et al., *Journal of Texture Studies,* 7/1/24

MARY RUTH'S®

Two Multis. One Goal:

A HEALTHY SCHOOL YEAR

SUPPORTS:

- ✓ Immunity‡
- ✓ Overall Wellness‡
- ✓ Energy Metabolism‡

clean label PROJECT® CERTIFIED

Certified B Corporation

MARY RUTH'S®

MANUFACTURER'S COUPON | EXPIRES 10/31/2025

LIMITED TIME OFFER

SAVE $3.00

on MaryRuth's Liquid Morning Multivitamin or Kids Multivitamin Gummies

0850018471-100068

Consumer and Retailer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). LIMIT OF TWO (2) IDENTICAL COUPONS IN SAME SHOPPING TRIP. Void if expired, reproduced, altered, copied, sold, purchased, exchanged or transferred to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. Consumer: You pay any sales tax. Retailer: (MaryRuth, LLC) will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with (MRO MaryRuth, LLC) Coupon Redemption Policy (available upon request). Mail coupons to: (MRO MaryRuth, LLC) / (MaryRuth's), Inmar Dept. # 31490, Mfr Rcv Office 801 Union Pacific BLVD STE 5, Laredo, TX 78045-9475. Cash value 1/100¢. No cash back if coupon value exceeds selling price. Void outside the USA, in Puerto Rico, the US Virgin Islands, and other United States territories and possessions.

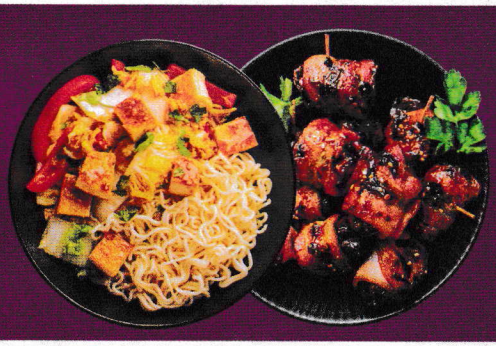
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

KIKKOMAN®

TERIYAKI takumi

AMERICA'S ARTISAN TERIYAKI

*In Japan, the revered tradition of fine craftsmanship is known as **TAKUMI.***



SCAN THE QR CODE & DISCOVER OUR RECIPES!

Cleanup in the Milk Aisle.

We skip shortcuts for a reason. No dairy, no gums, no oils. What remains is simple, organic, and always delicious.

ORGANIC • ORGANIC • ORGANIC
NO FILLERS | GUM FREE | OIL FREE
almond MALK
ORGANIC
UNSWEETENED
USDA ORGANIC | 3 SIMPLE INGREDIENTS
28 FL OZ (1.75 PT)

MALK™ USDA ORGANIC

Endless Plant-Based Possibilities.
|
Experience Them All!

UNSWEETENED ALMOND

ORIGINAL OAT SHELF-STABLE

UNSWEETENED CASHEW

VANILLA ALMOND

UNSWEETENED ALMOND SHELF-STABLE

Bob's Red Mill®

HOMEMADE TASTE IS *in the mix*

BOB'S SIGNATURE BLENDS

Bob's signature flours blends are your shortcut to homemade perfection.

Bob's Red Mill®

SAVE $1

ON BOB'S SIGNATURE BLEND BAKING MIXES

0039978-110383

CONSUMER: Coupon valid for any single package of Bob's Red Mill Signature Blend Baking Mix. One coupon per purchase only on items indicated; any other use constitutes fraud. Void if reproduced, altered or expired. Do not double. Do not transfer..

RETAILER: You are authorized to act as our agent and redeem this coupon, plus 8 cents handling, in accordance with our redemption policy. May not be combined with other coupons. Cannot be doubled. Consumer to pay sales tax, if applicable. Void if copied, prohibited, taxed, or restricted. Valid USA only. Cash value 1/20 of 1 cent. Send coupons to: Inmar Dept. # 39978, Mfr Rcv Office, 801 UNION PACIFIC BLVD STE 5, LAREDO TX 78045-9475

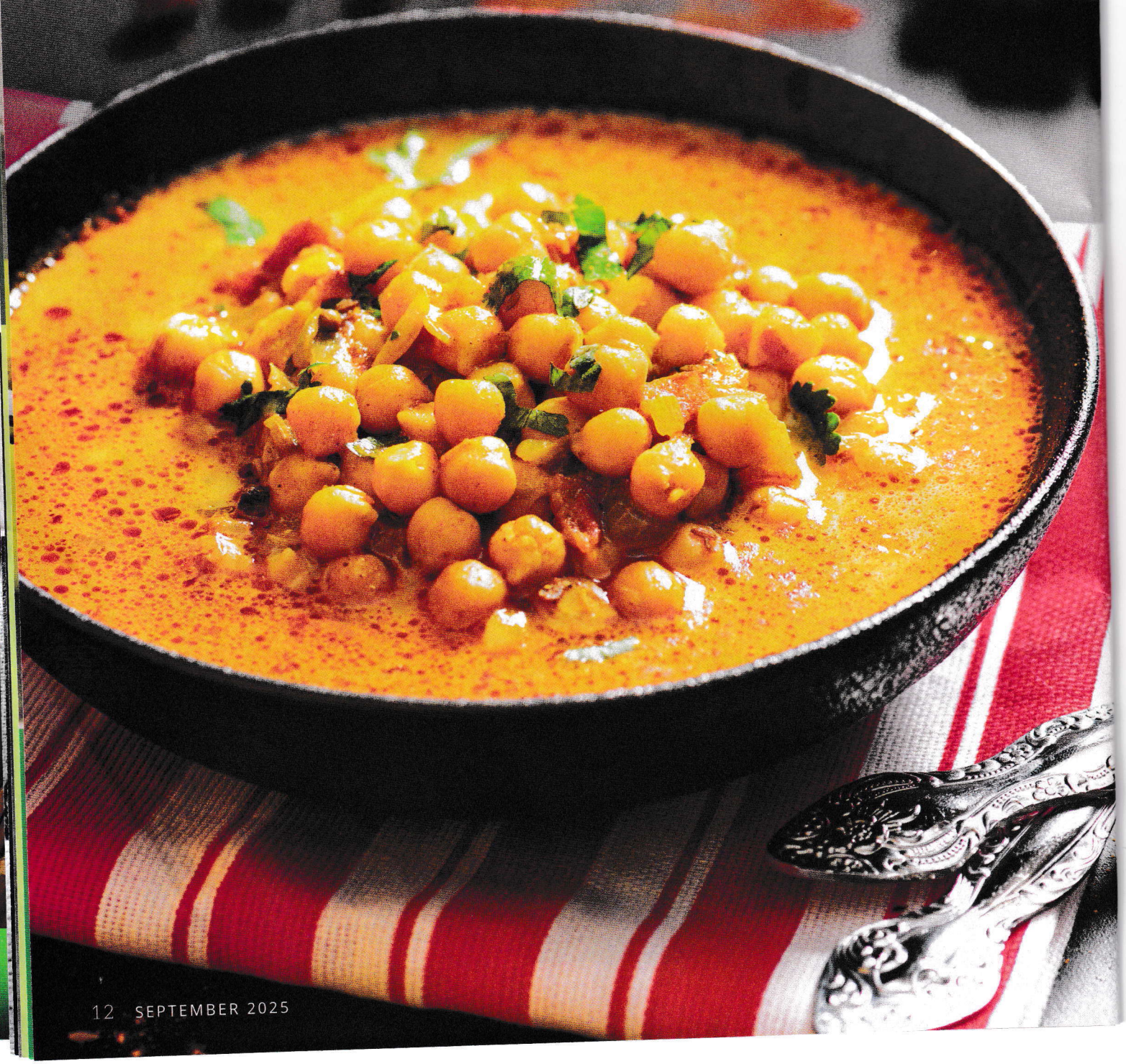
MANUFACTURER'S COUPON • EXPIRES 10/31/2025

BY LISA FABIAN

african cuisine

vibrant vegetarian flavors

Africa is diverse, and so is its food. Each region of the continent has its own traditional ingredients and recipes to try. Here are a few African dishes that feature comforting and hearty flavors that just happen to be vegetarian.



Chickpeas in Coconut Sauce DV

From ***AfriCali: Recipes From My Jikoni*** by Kiano Moju ($35, Simon Element, 2024)

- 2 (14 oz) cans chickpeas
- 1 medium onion
- 1 medium green bell pepper
- ¼ c avocado or coconut oil
- 4 green onions
- 2 Tbsp **Garlic Ginger Paste** (recipe follows)
- 1 tsp cumin seeds
- 3 Tbsp tomato paste
- 2 tsp garam masala
- 2 tsp chili flakes
- 1 tsp sweet paprika
- ½ tsp ground turmeric
- Fine sea salt
- 1 (14 oz) can coconut milk
- 1 c vegetable stock
- Handful fresh cilantro
- **Chapati** (recipe follows), grains, or any kind of flatbread, for serving

45 min prep time serves **4**

1. Drain and rinse chickpeas. Set aside. Finely chop onion and place into a small bowl. Finely chop bell pepper and add to same bowl.

2. Heat oil in a large pot or a Dutch oven over medium-high heat. When oil is shimmering, add onion and bell pepper. Cook, stirring occasionally, until onion has softened and is lightly golden on edges, 3 to 4 minutes. Meanwhile, thinly slice green onions.

3. Add green onions, Garlic Ginger Paste, and cumin seeds to pot. Cook, stirring frequently, until fragrant, 2 to 3 minutes.

4. Stir in tomato paste, garam masala, chili flakes, paprika, turmeric, and 1 teaspoon of the salt. Cook, stirring occasionally, until tomato paste darkens, 2 to 3 minutes.

5. Slowly stir in coconut milk until tomato paste dissolves. Then stir in chickpeas and stock. Season with salt to taste, bring to a simmer, and cook uncovered for 10 minutes.

6. Roughly chop cilantro (leaves and stems). When ready to serve, turn off heat, and stir in cilantro, reserving a few leaves for garnish. Serve in bowls garnished with reserved cilantro leaves. Enjoy with chapati, grains, or any kind of flatbread.

Kitchen Note: When it comes to curries, there are two main classes: aromatic curries, common in Thailand, and spice curries, common in India. The curries found on the East African coast seem to balance the two, where aromatics are sizzled with a conservative amount of spice before swimming in creamy coconut milk. This recipe can work with any canned bean or lentil and is best enjoyed with rice or flatbread.

Per serving (made with avocado oil; served with 1 chapati): 734 Calories, 23 g Protein, 0 mg Cholesterol, 74 g Carbohydrates, 14 g Total sugars (0 g Added sugars), 18 g Fiber, 42 g Total fat (21 g sat), 967 mg Sodium, ★★★★★ Folate, Iron, Phosphorus, ★★★★ Vitamin B6, C, K, Magnesium, ★★★ Vitamin B1 (thiamine), Zinc, ★★ Vitamin B3 (niacin), Potassium, ★ Vitamin B2 (riboflavin), E, Calcium

Garlic Butter Chapati NV

From ***AfriCali: Recipes From My Jikoni*** by Kiano Moju ($35, Simon Element, 2024)

- 4 c unbleached all-purpose flour, plus additional for rolling
- 3 tsp fine sea salt, divided
- 1 Tbsp sugar
- 1 c warm milk
- ⅓ c extra-virgin olive oil, divided
- ½ c lukewarm water
- Handful fresh cilantro or parsley
- 4 garlic cloves
- 4 Tbsp melted unsalted butter

1 hr, 45 min prep time makes **8** chapatis

1. In a large bowl, mix flour, 2 teaspoons of the salt, and sugar. While continuously stirring, slowly pour in milk. Once milk is fully mixed in, add 2 tablespoons of the oil, keep stirring, and add just enough of the lukewarm water until it becomes a scraggly dough. Start to knead dough, adding small splashes of water until there are no more dry spots. Note: you may not use all the water.

2. Turn dough onto a clean, lightly floured surface and knead until dough comes together and is elastic and smooth, 3 to 5 minutes. Pat dough into a rectangle. Lightly brush surface of dough with oil before covering with plastic wrap or a clean kitchen towel and allow it to rest for about 15 minutes. Dough has rested long enough when it has softened in texture.

3. While dough is resting, prepare garlic butter. Discard stems and finely chop cilantro leaves. Grate garlic. Mix melted butter with herbs and garlic in a small bowl, and set aside.

4. Use a rolling pin to roll out dough into a thin rectangle that's at least 18x24-inches, but feel free to go thinner. It's okay if there are a few small tears. If dough springs back when rolled, it needs to rest longer.

5. Using a pastry brush, coat surface of rolled out dough with garlic butter. Lightly sprinkle 1 tablespoon flour on top. Starting from bottom edge, roll dough upward into itself until it forms a log shape. Cut dough into 8 even pieces. Press dough pieces cut side up into small circles. Cover and let rest for 30 minutes.

6. Lightly dust a work surface and a rolling pin. While working with a dough piece, keep rest of dough pieces covered so they don't dry out.

7. Working with one piece at a time, place dough cut side facing up. Roll dough into a 9- to 10-inch disc, frequently rotating to help maintain its shape. If dough springs back when rolled, it needs to rest longer.

8. Heat a nonstick frying pan over medium-high heat. Once hot (sprinkle a few drops of water into pan—water should sizzle and evaporate quickly) lightly brush with oil, and carefully lay down rolled out dough. Once dough is no longer sticky on surface, about 1 minute, lightly brush with oil, flip, and cook other side for another 30 seconds to 1 minute until golden brown, lightly brushing top with oil. It's a good sign if chapati puffs up and bubbles! Repeat with remaining dough, stacking cooked chapatis on a plate. Keep covered until ready to serve.

Kitchen Note: This is a Maasai-style dough that uses both water and milk. Store in a zip-top plastic bag at room temperature for up to two days. Gently warm in a dry pan on low heat until they become flexible.

Per serving (1 chapati): 385 Calories, 8 g Protein, 18 mg Cholesterol, 51 g Carbohydrates, 3 g Total sugars (2 g Added sugars), 2 g Fiber, 16 g Total fat (6 g sat), 266 mg Sodium, ★★★★ Vitamin B1 (thiamine), Folate, ★★ Vitamin B2 (riboflavin), B3 (niacin), ★ Vitamin E, K, Iron, Zinc

Garlic Ginger Paste

DGNV

From ***AfriCali: Recipes From My Jikoni*** by Kiano Moju ($35, Simon Element, 2024)

- ⅓ lb whole fresh ginger
- ⅓ pound (about 30) garlic cloves
- ½ tsp fine sea salt

10 min prep time makes about **⅓** cup

1. Leaving skin on, chop ginger into ½-inch pieces.

2. Pulse chopped ginger, garlic, and salt in a food processor until smooth. Store in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 3 months.

▸▸▸

continued from page 13

Roasted Sweet Potato with Chili & Lime DGNV

From ***AfriCali: Recipes From My Jikoni*** by Kiano Moju ($35, Simon Element, 2024)

60 min prep time

serves 6

- 3 lb sweet potatoes
- 2 Tbsp extra-virgin olive oil
- Fine sea salt
- 1 lime
- 1 tsp Aleppo chili pepper flakes, plus more for garnish
- 1 tsp dried urfa chili or smoked paprika
- ¼ tsp cayenne pepper

1. Position a rack in center of the oven, and preheat to 425°. Line a baking tray with parchment paper or foil.

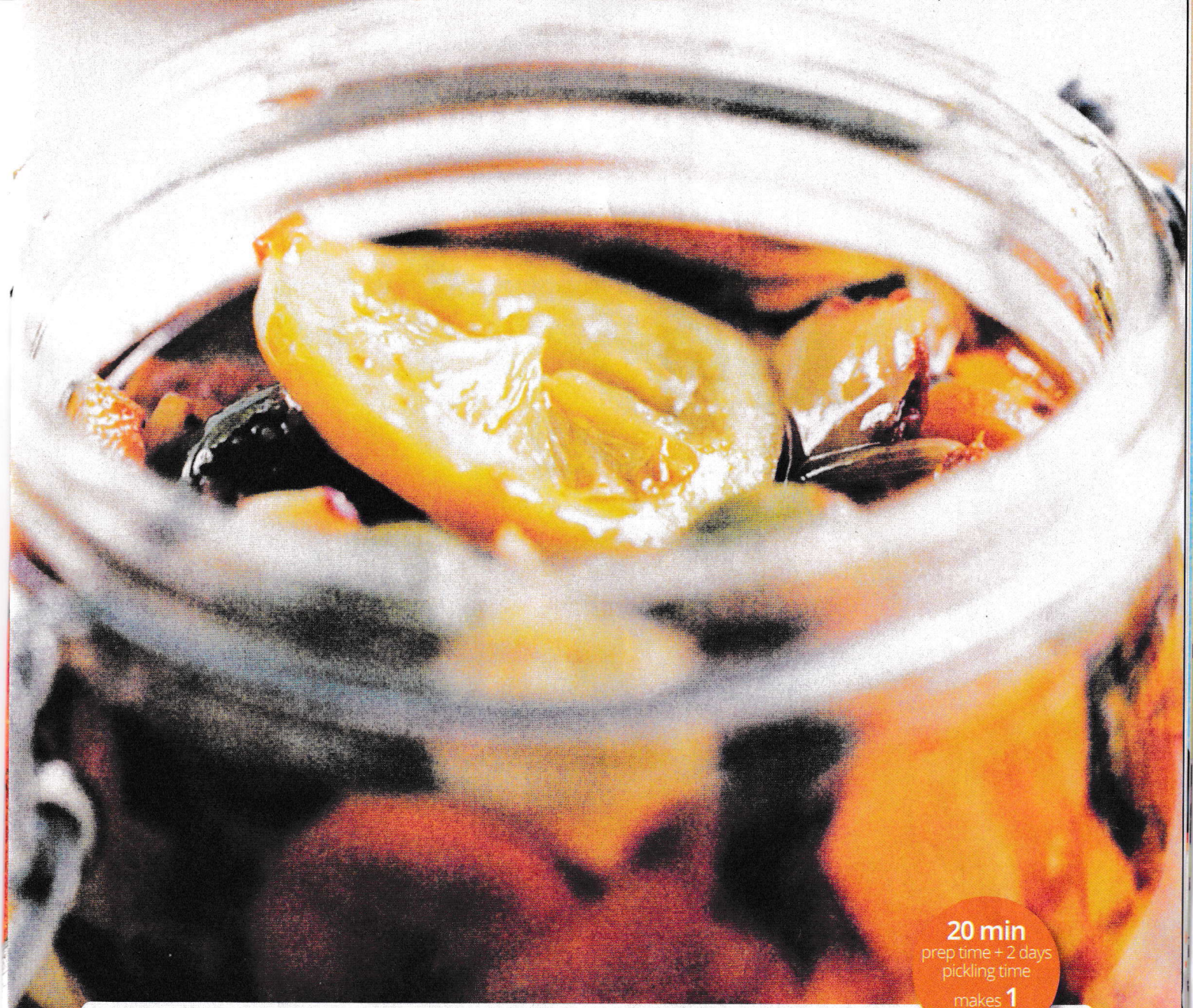
2. Arrange sweet potatoes on prepared tray. Using a fork or a paring knife, prick them a few times each, and then toss with oil and 1 teaspoon of the salt. Roast until they are fork-tender and lightly browned, 45 to 50 minutes.

3. Zest lime into a small bowl, and cut lime into wedges. Add chili pepper flakes, urfa chili, cayenne pepper, and salt to taste to bowl of lime zest. Mix well to combine.

4. Transfer cooked sweet potatoes to a serving platter. Squeeze lime wedges over sweet potatoes. Garnish with lime zest and an extra sprinkle of chili pepper flakes.

Kitchen Note: On the Kenyan coast, street food vendors have charcoal grills roasting a variety of vegetables all day long. The sweet potatoes are cooked skin-on, and when ordered, the vendors split them open before adding a generous squeeze of lime and a few shakes of chili salt. Feel free to throw these on the grill when possible, but the seasoning alone will liven up otherwise boring roasted sweet potatoes.

Per serving: 240 Calories, 4 g Protein, 0 mg Cholesterol, 47 g Carbohydrates, 10 g Total sugars (0 g Added sugars), 7 g Fiber, 5 g Total fat (1 g sat), 282 mg Sodium, ★★★★★ Vitamin A, ★★★ Vitamin B6, ★ Vitamin B1 (thiamine), B2 (riboflavin), C, Magnesium, Phosphorus, Potassium



20 min
prep time + 2 days pickling time
makes 1
(2 quart jar)

Adam's Café's North African Pickles DGNV

From ***Crazy Water, Pickled Lemons: Enchanting Dishes From the Middle East, Mediterranean, and North Africa*** by Diana Henry ($29.99, Aster, 2024)

- ½ English cucumber
- 2 Tbsp coarse sea salt
- 3 carrots
- 1 onion, roughly chopped
- 1 red bell pepper, seeded and chopped
- 1 very small cabbage (about the size of a radicchio head), chopped
- 1 c (scant) mixed olives (black and green)
- 1 lemon, sliced
- 2 c olive oil
- 2 c white wine vinegar
- Leaves from 3 thyme springs, chopped
- 1 tsp dried oregano
- 1 Tbsp caraway seeds, ground
- 1 Tbsp coriander seeds
- 2 Tbsp harissa (chili pepper paste)

1. Cut cucumber into rounds about ⅛-inch thick. Put them in a small non-reactive bowl. Sprinkle cucumbers with the salt, and put them in the refrigerator for 2 hours. Drain them of water that has leached out, and then rinse. Gently pat them dry and place them in a 2-quart jar.

2. Cut carrots into rounds about the same thickness as cucumber. Add these to jar together with rest of ingredients. Mix everything well to make sure you distribute spices.

3. Cover and leave for a few days at room temperature, shaking jar from time to time. After that, store pickles in refrigerator.

Kitchen Note: These are not true pickles, so they won't keep indefinitely. But they will be fine in the refrigerator for about four weeks.

Per serving (serves 10): 255 Calories, 1 g Protein, 0 mg Cholesterol, 7 g Carbohydrates, 3 g Total sugars (0 g Added sugars), 2 g Fiber, 23 g Total fat (3 g sat), 548 mg Sodium, ★★ Vitamin A, C, E, ★ Vitamin K

© JASON LOWE

Simply Better Bacon

REAL WOOD SMOKED

0g TOTAL CARBOHYDRATE PER SERVING

4g PROTEIN PER SERVING

GLUTEN FREE

REAL WOOD SMOKED

MADE WITH U.S. RAISED TURKEY

75% LESS FAT VS. PORK BACON

50 CALORIES PER SERVING

Godshall's Beef Bacon

Save $2.00

0791241-100026

LIMIT ONE (1) COUPON PER PURCHASE. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, or where prohibited or restricted by law. Retailer: Godshall's Quality Meats will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with its Coupon Redemption Policy (available upon request). Mail coupons to: Godshall's Quality Meats, Inmar Dept. #44050; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045 **COUPON EXPIRES: 9/30/2025**

Godshall's Turkey Bacon

Save $1.00
Any Godshall's Turkey Bacon

0791241-100030

LIMIT ONE (1) COUPON PER PURCHASE. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, or where prohibited or restricted by law. Retailer: Godshall's Quality Meats will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with its Coupon Redemption Policy (available upon request). Mail coupons to: Godshall's Quality Meats, Inmar Dept. #44050; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045 **COUPON EXPIRES: 9/30/2025**

SHINE ON!

NUT FREE

PLANT-BASED PROTEIN

NO HIGH FRUCTOSE CORN SYRUP

SCHOOL FRIENDLY

SUPER SEEDS

$1.00 OFF any SunButter® Product

(offer good on any jar, Jammies™, or On the Go® item)

MANUFACTURER'S COUPON **DO NOT DOUBLE**

Consumer: LIMIT ONE (1) COUPON PER PURCHASE OF SPECIFIED PRODUCT AND QUANTITY STATED. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, sold, purchased, transferred, or exchanged to any person, firm, or group prior to store redemption, or where prohibited or restricted by law. Any other use constitutes fraud. You pay any sales tax. Retailer: SunButter, LLC will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with SunButter Coupon Redemption Policy (available upon request). Mail coupons to: Inmar Dept #37539, SunButter, LLC, 801 UNION PACIFIC BLVD STE 5 LAREDO, TX 78045-9475. Cash Value 1/100¢. No cash back if coupon value exceeds selling price. Valid only at the USA. Expires 12/31/2025.

0737539-170126

 BY *TASTE FOR LIFE* STAFF

great garnishes

add flavor and health benefits to your favorite dishes

There's one category of ingredients that can elevate your cooking like no other: herb garnishes. You can use them to add aroma and flavor to both sweet and savory dishes. Plus, many herbs offer health benefits, thanks to their unique antioxidant and anti-inflammatory properties, as well as their ability to support glucose and cholesterol management, cognition, and mood.

Fresh v. dried herbs

Delicate and tender herbs—like basil, chives, cilantro, and parsley—are perfect for creating fresh herb garnishes because they have more subtle flavor. They should be added at the end of a recipe's cooking time, or just before serving. This way they can maintain their bright colors and mild flavors.

Tougher and woodier herbs, including thyme, rosemary, and oregano, taste better when dried, since their flavors have a chance to intensify through the drying process. Dried herbs are typically added at the beginning of a dish's cooking time, since these herbs tend to release more of their flavors the longer they're cooked.

Storing & using fresh herbs

When you bring fresh herbs home from the store, keep them damp by wrapping them in a wet paper towel. Store them in a plastic bag or container that has a few holes to allow the herbs to breathe. This will help them retain their freshness.

When chopping fresh herbs, be careful not to bruise their soft leaves. Never chop through them more than once or twice. Too much chopping will cause their natural oils and flavors to dissipate.

SELECTED SOURCES **"Health benefits of culinary herbs and spices"** by T.A. Jiang, *Journal of AOAC International*, 3/1/19 • **"Understanding herbs: A culinary deep dive"** by P. Vachon, Institute of Culinary Education, www.ICE.edu, 8/16/24

EARTH'S FINEST WATER®

On a remote island over 1,600 miles from the nearest continent, tropical rain slowly filters through volcanic rock into an ancient artesian aquifer. Drop by drop, FIJI Water acquires the natural minerals and electrolytes that give it its signature soft, smooth taste. Perfected by nature, there's nothing on Earth quite like it.

FIJIWater.com

© 2025 FIJI Water Company, LLC. All Rights Reserved. FIJI, EARTH'S FINEST WATER, the Tribe Dress and accompanying logos are trademarks of FIJI Water Company, LLC or its affiliates.

BY TASTE FOR LIFE STAFF

cholesterol control

natural ways to maintain healthy levels

Cholesterol is not inherently evil. The body needs the waxy substance that flows through the bloodstream to build cells and make hormones and vitamins, including vitamin D. Unfortunately, high cholesterol can quietly clog arteries and restrict blood flow without any symptoms, and many people remain unaware they're at risk for cardiovascular disease.

This is why healthcare providers routinely check cholesterol levels during annual physicals. A blood test measures low-density lipoproteins (LDL), which cause cholesterol buildup and artery blockage, and high-density lipoproteins (HDL), which removes excess cholesterol from the bloodstream.

The goal is to lower levels of both total and "bad" LDL cholesterol while raising "good" HDL cholesterol. People with high levels of LDL and low levels of HDL are usually advised to focus first on getting their LDL down, often through medication. But a good concurrent step is to look at ways to up HDL, too.

Helpful foods

In her analysis of studies on diet and cholesterol, Francine K. Welty, MD, PhD, an associate professor of medicine at Harvard Medical School, recommends the Mediterranean diet because it contributes to lowering the incidence of cardiovascular disease. She also notes that "omega-3 fatty acids lower triglyceride, reduce CVD, and prevent coronary plaque progression."

To keep cholesterol levels in a healthy range, minimize sugar and red meat intake and eat more of these healthy foods:

- Oats
- Green and root vegetables
- High-fiber, fresh fruit (apples, pears, avocados, etc.)
- Whole grains
- Low-fat dairy products
- Poultry
- Fatty fish such as salmon
- Nuts
- Beans and legumes
- Olive oil
- Flax and flax seed oil
- Chia seeds

SELECTED SOURCES **"11 foods that can help lower your cholesterol,"** Harvard Health Publishing, www.Health.Harvard.edu, 8/1/20 • **"Dietary treatment to lower cholesterol and triglyceride and reduce cardiovascular risk"** by F.K. Welty, *Current Opinion in Lipidology*, 8/20 • **"HDL: The good, but complex, cholesterol,"** www.Health.Harvard.edu, 8/6/19 • **"High blood cholesterol: What you need to know,"** National Heart, Lung, and Blood Institute, www.nhlbi.gov

Love BEETS

You can't beat a BEET!

Ready-to-Eat!

Great for salads, sandwiches, snacking, & more!

Find us in the refrigerated produce aisle!

Love BEETS **SAVE $1.00**

On any one (1) LOVE BEETS product

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.**

RETAILER: Love Beets will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: **Offshoot Brands, Mandlik & Rhodes, PO Box 490, Dept 1124, Tecate, CA 91980.** Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢.

© 2025: OffShoot Brands

0850996004-150808

Manufacturer Coupon	Expires 9/30/26

@lovebeets • lovebeets.com

veggie confetti™

Make every meal a CELEBRATION!

Try VEGGIE CONFETTI on...

...and everything in-between!

Find us in the deli department!

veggie confetti **SAVE $1.00**

on any ONE (1) Veggie Confetti product

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.**

RETAILER: Veggie Confetti will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: **Offshoot Brands, Mandlik & Rhodes, PO Box 490, Dept 1124, Tecate, CA 91980.** Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢.

©2025: OffShoot Brands

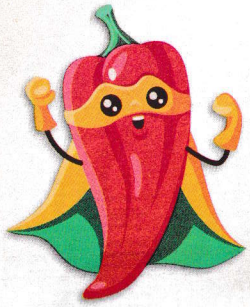
0850996004-150815

Manufacturer Coupon	Expires 9/30/26

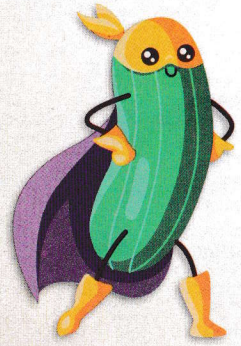
@veggie_confetti • veggieconfetti.com

2025 tasteforlife

kids' nutrition chart



VITAMIN/MINERAL	ACTION	FOOD SOURCES	RDA/DIETARY INTAKE
Fat-Soluble Vitamins Note that some nutrient recommendations vary for males (M) and females (F).			
a	Antioxidant needed for eye and skin health.	Fish liver oil; manufactured in the body from brightly colored fruit and veggies.	1–3 yr 300 micrograms (mcg) 4–8 yr 400 mcg 9–13 yr 600 mcg 14–18 yr 900 mcg (M) 700 mcg (F)
d	Controls calcium levels; critical for bone and tooth development; modulates immune reponse, protecting against infection.	Cod liver oil, fatty fish, egg yolks, fortified dairy products.	1–18 yr 600 International Units (IU) (15 mcg)
e D–ALPHA TOCOPHEROL	Antioxidant involved in immune function and anti-inflammatory processes.	Wheat germ oil, almonds and other nuts, cold-pressed vegetable oils.	1–3 yr 6 milligrams (mg) 4–8 yr 7 mg 9–13 yr 11 mg 14–18 yr 15 mg
k	Helps with blood clotting and bone formation and repair.	Cruciferous and leafy green vegetables.	1–3 yr 30 mcg 4–8 yr 55 mcg 9–13 yr 60 mcg 14–18 yr 75 mcg
Water-Soluble Vitamins			
b_1 THIAMINE	Enhances brain function, circulation, digestion, and energy production.	Brewer's yeast, dairy, egg yolks, wheat germ, whole grains, legumes, nuts, seeds.	1–3 yr 0.5 mg 4–8 yr 0.6 mg 9–13 yr 0.9 mg 14–18 yr 1.2 mg (M) 1 mg (F)
b_2 RIBOFLAVIN	Essential to antibody production, generation of energy, and tissue respiration; reduces effects of stress.	Almonds, breakfast cereals, meats, milk, soybeans, yogurt.	1–3 yr 0.5 mg 4–8 yr 0.6 mg 9–13 yr 0.9 mg 14–18 yr 1.3 mg (M) 1 mg (F)
b_3 NIACIN	Essential for healthy circulation, skin, and nerves; important for converting food to energy.	Beef liver, chicken, broccoli, carrots, eggs, fish, nuts, wheat germ, whole wheat.	1–3 yr 6 mg 4–8 yr 8 mg 9–13 yr 12 mg 14–18 yr 16 mg (M) 14 mg (F)
b_5 PANTOTHENIC ACID	Fights stress; enhances stamina.	Poultry, eggs, legumes, mushrooms, royal jelly, whole wheat.	1–3 yr 2 mg 4–8 yr 3 mg 9–13 yr 4 mg 14–18 yr 5 mg
b_6 PYRIDOXINE	Promotes red blood cell formation; important in sodium-potassium balance, metabolism, and immune function.	Bananas, brown rice, carrots, chicken, eggs, fish, potatoes, sunflower seeds, whole-grain cereals.	1–3 yr 0.5 mg 4–8 yr 0.6 mg 9–13 yr 1 mg 14–18 yr 1.3 mg (M) 1.2 mg (F)
b_9 FOLATE/FOLIC ACID	Important in genetic, metabolic, and nervous system processes; needed for healthy red blood cells.	Asparagus, black-eyed peas, brewer's yeast, fortified grains, leafy greens, lentils, lima beans, rice germ, spinach.	1–3 yr 150 mcg 4–8 yr 200 mcg 9–13 yr 300 mcg 14–18 yr 400 mcg



b_{12}	Prevents anemia; needed for cell formation, digestion, absorption of food, and metabolism.	Brewer's yeast, clams, dairy, eggs, fish, organ meats, sea vegetables, soy.	1–3 yr 0.9 mcg 4–8 yr 1.2 mcg 9–13 yr 1.8 mcg 14–18 yr 2.4 mcg
biotin	Needed for synthesis and utilization of amino acids and fats; supports healthy hair, nails, and skin.	Meat, fish, eggs, fruit, milk, rice bran, vegetables, nuts.	1–3 yr 8 mcg 4–8 yr 12 mcg 9–13 yr 20 mcg 14–18 yr 25 mcg
c	Antioxidant needed for many different metabolic functions in the body, including tissue growth and repair, as well as anti-inflammatory action.	Berries, citrus fruit, leafy greens, cauliflower, winter squash, asparagus.	1–3 yr 15 mg 4–8 yr 25 mg 9–13 yr 45 mg 14–18 yr 75 mg (M) 65 mg (F)
Important Minerals			
calcium	Essential for strong bones and teeth, healthy gums, and muscle function.	Dairy (and fortified substitutes), leafy greens, sardines.	1–3 yr 700 mg 4–8 yr 1,000 mg 9–13 yr 1,300 mg
copper	Aids in red blood cell, bone, and collagen formation.	Almonds, avocados, legumes, broccoli, oats, seafood, soybeans.	1–3 yr 340 mcg 4–8 yr 440 mcg 9–13 yr 700 mcg 14–18 yr 890 mcg
iron	Essential to blood cell production, normal growth and development, and immune health.	Eggs, fish, liver, meat, leafy vegetables, whole grains.	1–3 yr 7 mg 4–8 yr 10 mg 9–13 yr 8 mg 14–18 yr 11 mg (M) 15 mg (F)
magnesium	Vital for enzyme activity and energy production.	Dairy, fish, leafy greens, meat, seafood.	1–3 yr 80 mg 4–8 yr 130 mg 9–13 yr 240 mg 14–18 yr 410 mg (M) 360 mg (F)
manganese	Needed for fat and protein metabolism, energy production, healthy nerves, and immune system.	Avocados, nuts, seeds, sea vegetables, whole grains.	1–3 yr 1.2 mg 4–8 yr 1.5 mg 9–13 yr 1.9 mg (M) 1.6 mg (F) 14–18 yr 2.2 mg (M) 1.6 mg (F)
selenium	Important for thyroid gland function.	Brazil nuts, brewer's yeast, broccoli, brown rice, seafood, meat, whole grains.	1–3 yr 20 mcg 4–8 yr 30 mcg 9–13 yr 40 mcg 14–18 yr 55 mcg
zinc	Important in immune health; deficiency results in loss of senses of smell and taste.	Brewer's yeast, egg yolks, legumes, seafood, sea vegetables, whole grains.	1–3 yr 3 mg 4–8 yr 5 mg 9–13 yr 8 mg 14–18 yr 11 mg (M) 9 mg (F)

0825

SELECTED SOURCES **"Dietary Guidelines for Americans, 2020-2025,"** DietaryGuidelines.gov ● **"Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes,"** US Dept. of Agriculture, www.nutrition.gov ● **"Multiple micronutrient supplementation for improving cognitive performance in children . . ."** by A. Eilander et al., *American Journal of Clinical Nutrition*

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to provide medical advice on personal health conditions, nor to replace recommendations made by healthcare professionals or product manufacturers.

MH MICHAEL'S HEALTH NATUROPATHIC PROGRAMS SINCE 1984®

Smart Nutrition for Growing Kids

Keeping them on the right track with great nutritional support can go a long way. Growing children benefit from all the help they can get.*

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

HOST DEFENSE® *Mushrooms*™

FIND YOUR FOCUS*

Lion's Mane, "The Smart Mushroom," promotes brain health, focus, memory, and a balanced mood.*

Host Defense's Lion's Mane is the #1 BEST-SELLING MUSHROOM SUPPLEMENT IN THE U.S.!

Source: SPINSscan Natural/52 Wks Ending 3/26/2023

USDA ORGANIC · CERTIFIED ORGANIC · NON GMO · GF GLUTEN FREE · VEGAN · NO FILLERS · ECO PACKAGING · BEE FRIENDLY · CLIMATE POSITIVE · PAUL STAMETS FUNGI PERFECTI, LLC

hostdefense.com

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Also available: Simply Surimi, made from all natural ingredients and Non-GMO Project Verified.

NON GMO Project VERIFIED
nongmoproject.org

MANUFACTURER'S COUPON EXPIRES 12/31/25

SAVE $1.00

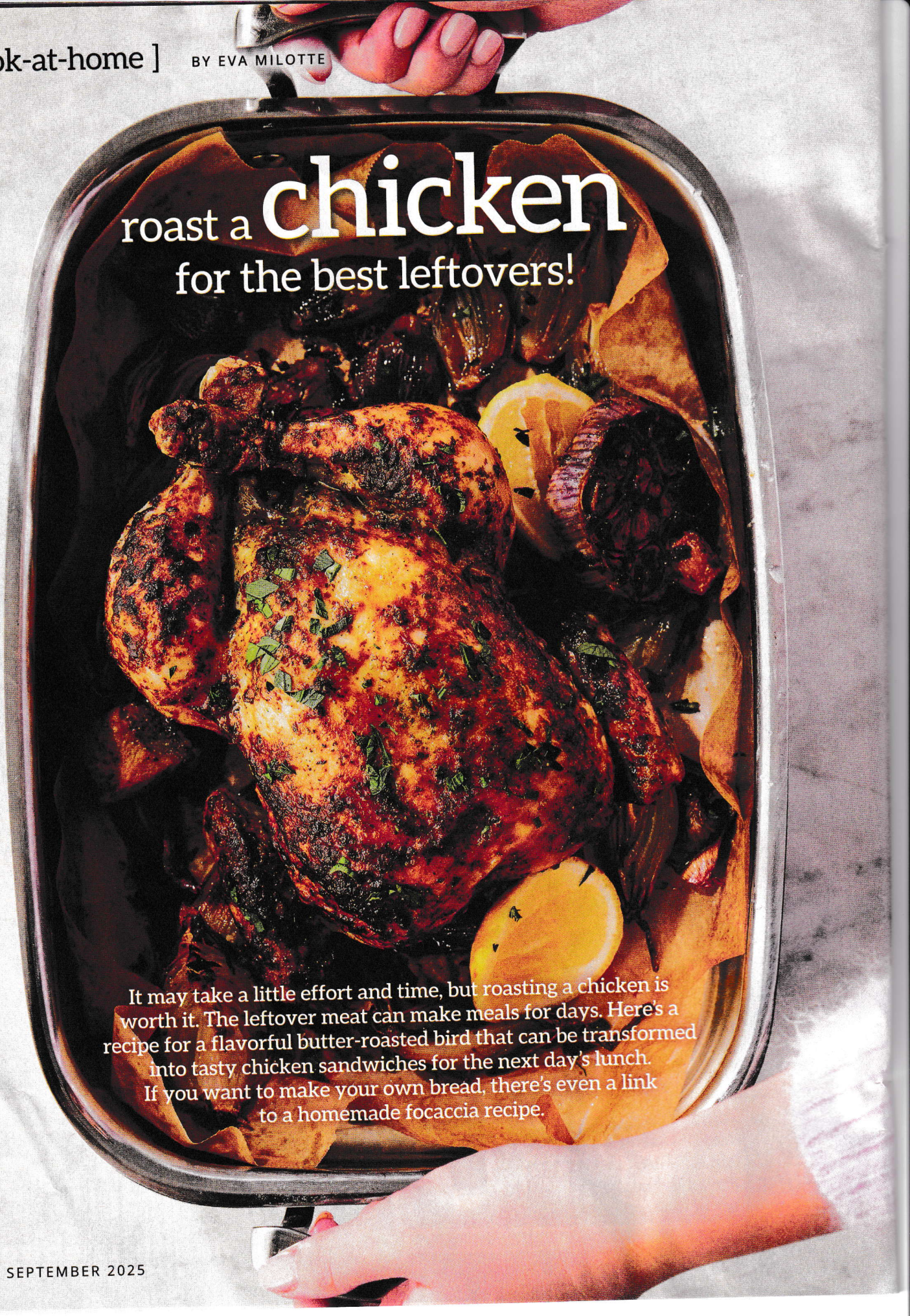
on one (1) pkg., any variety of Crab Classic or Simply Surimi

Retailer: To redeem this coupon mail to Trans-Ocean Products, Inmar Dept. # 15166; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045. You will be paid face value plus 8¢ handling. Invoices proving purchases of sufficient stock to cover coupons presented for redemption must be available upon request. Void wherever prohibited, restricted or taxed. Good only on product specified. any other use constitutes fraud. Cash value 1/20¢.

0715166-111174

BY EVA MILOTTE

roast a chicken for the best leftovers!



It may take a little effort and time, but roasting a chicken is worth it. The leftover meat can make meals for days. Here's a recipe for a flavorful butter-roasted bird that can be transformed into tasty chicken sandwiches for the next day's lunch. If you want to make your own bread, there's even a link to a homemade focaccia recipe.

© 2025 ARMELLE HABIB

Garlic Butter–Roasted Chicken with Jammy Shallots G N

From ***Garlic, Olive Oil + Everything Mediterranean: Simple Recipes for the Home Cook*** by Daen Lia ($28.99, Simon Element, 2025)

2 hrs prep time
serves **8**

- 1 whole chicken (3 lb 5 oz–4 lb)
- Sea salt
- Freshly ground black pepper
- 5¼ oz Roasted Garlic Herb Butter (recipe follows), divided, at room temperature
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 garlic head
- ½ lemon
- ¼ bunch flat-leaf parsley
- 20 shallots, peeled and halved
- ¼ c extra-virgin olive oil

1. Pat chicken skin dry with paper towels and generously season all over with salt and pepper. Sprinkle salt and pepper inside cavity of chicken. If you have time, place chicken into fridge uncovered overnight or for a minimum of 2 hours. This step will act as a dry brine for the chicken and leave you with the juiciest meat.

2. When ready to cook chicken, take out of fridge 30–60 minutes prior. Preheat oven to 350°F.

3. Using your fingers, carefully separate skin from chicken breast and stuff each side with roughly one-third of herb butter. Season chicken with onion and garlic powder, and then dollop remaining butter all over chicken.

4. Using a sharp knife, slice top off garlic head, about 1 inch down from top, to expose raw cloves. Place garlic head in cavity of chicken, along with lemon and parsley. Tie legs of chicken together with kitchen twine—this will help chicken cook evenly.

5. Place chicken in a roasting pan and scatter shallots around chicken. Drizzle shallots and chicken with oil, and season with a pinch of salt and pepper. Bake for 1 hour 20 minutes or until chicken is golden brown and completely cooked through and shallots are nice and jammy.

6. Let chicken rest for 10 minutes. Carve and serve with a simple salad and focaccia to mop up all those delicious juices.

Per serving: 735 Calories, 42 g Protein, 184 mg Cholesterol, 27 g Carbohydrates, 12 g Total sugars (0 g Added sugars), 5 g Fiber, 52 g Total fat (19 g sat), 530 mg Sodium, ★★★★★ Vitamin B3 (niacin), B6, K, Phosphorus, ★★ Vitamin A, B2 (riboflavin), B12, C, Iron, Potassium, ★ Vitamin B1 (thiamine), E, Calcium, Folate, Magnesium

Roasted Garlic Herb Butter G N V

From ***Garlic, Olive Oil + Everything Mediterranean: Simple Recipes for the Home Cook*** by Daen Lia ($28.99, Simon Element, 2025)

80 min prep time
makes approx. **20** oz

- 4 garlic heads
- 2 tsp extra-virgin olive oil
- Sea salt
- Freshly ground black pepper
- 2 sticks (9 oz) salted butter, at room temperature, chopped
- 1 bunch (1½ oz) flat-leaf parsley
- 6 Tbsp grated Parmesan cheese

1. Preheat oven to 400°.

2. Using a sharp knife, slice top off each garlic head, about 1 inch down from top, to expose raw cloves. Place heads of garlic onto a large sheet of foil and drizzle with oil. Season with a pinch of salt and pepper, and then wrap heads with foil. Bake for 1 hour.

3. Leave garlic to slightly cool until you are able to handle it. Using your fingers, squeeze roasted garlic cloves out of their skins.

4. In a food processor, place roasted garlic, butter, parsley, Parmesan, and a pinch each of salt and pepper. Blitz until all ingredients are smooth and well combined.

5. Scoop butter onto a large piece of parchment paper and roll it into a tight log. Store in fridge for several weeks.

Leftover Roasted Chicken Sandwich N

From ***Garlic, Olive Oil + Everything Mediterranean: Simple Recipes for the Home Cook*** by Daen Lia ($28.99, Simon Element, 2025)

20 min prep time
makes **1** sandwich

- 1 leftover chicken breast from Garlic Butter–Roasted Chicken with Jammy Shallots recipe
- 1½ Tbsp mayonnaise
- ½ tsp Dijon mustard
- ½ finely diced celery stalk
- ¼ finely diced red onion
- 2 tsp finely chopped pickle
- Handful of finely chopped chives
- Handful of finely chopped parsley
- Butter
- 2 slices **Focaccia** (see link below)
- Lettuce leaves

1. Shred chicken breast into a bowl. Mix in mayonnaise, mustard, celery, onion, pickle, chives, and parsley.

2. Stir to combine and season to taste with salt and pepper. Butter two slices Focaccia (recipe follows), and evenly distribute chicken mixture over one slice.

3. Top with some lettuce leaves and top piece of bread. Cut in half and eat immediately.

Per serving: 739 Calories, 63 g Protein, 185 mg Cholesterol, 40 g Carbohydrates, 6 g Total sugars (0 g Added sugars), 6 g Fiber, 38 g Total fat (12 g sat), 639 mg Sodium, ★★★★★ Vitamin A, B3 (niacin), B6, K, Folate, Phosphorus, ★★★★ Iron, ★★★ Vitamin B2 (riboflavin), C, ★★ Vitamin B1 (thiamine), B12, Magnesium, Potassium, Zinc, ★ Vitamin E, Calcium

© 2025 ARMELLE HABIB

Learn how to make your own focaccia at

tasteforlife.com/focaccia

www.tasteforlife.com

BY NAN FORNAL

opt for organic

explore its many health benefits

You're strolling the aisles of your favorite supermarket looking for nutritious food for your family that won't break the bank. But you may not realize that the sales of organic products grew last year at a rate more than double the growth of the overall marketplace.

"A key trend influencing the growth of organic sales," according to an Organic Trade Association news release, "continues to be an increased desire for cleaner ingredients as consumers prioritize health and wellness for themselves and their families."

Consumers are looking for foods that are free from chemicals, toxins, and pesticides; hormones and antibiotics; dyes; and unnecessary additives. And they found in 2024 that the price gap between organic and conventional products has shrunk.

What's the difference?

"The organic food label says more about how an item was farmed than about the food itself," according to Mayo Clinic staff. "Organic farmers can't use some types of soil additives and fertilizers, genetic engineering, or radiation on their products."

Research has shown that "organic food exposes consumers to less pesticide residue," which may contribute to long-term health benefits. Pesticide contact may be linked to pregnancy complications and fetal development problems. And fewer cases of non-Hodgkin lymphoma and colorectal cancer seem to be found in those who eat the most organic food.

Studies have also found that higher consumption of organic foods is associated with "improvements in blood nutrient composition" and "reduction in obesity and body mass index (BMI)," according to a literature review published in the January 2024 issue of *Foods*.

Nutritional and environmental benefits

It's not only a matter of avoiding the negative effects of pesticides and toxic metals in nonorganic produce, but also the nutritional boost that organically grown foods offer, says registered dietitian Maxine Smith, RD, LD, who's affiliated with the Cleveland Clinic.

"Organically grown fruits, vegetables, and grains have higher amounts of vitamin C, vitamin E, and carotenoids. They also have higher amounts of the minerals calcium, potassium, phosphorus, magnesium and iron," she says.

SELECTED SOURCES **"10 tips and tricks to eat organic on a budget"** by Dave Clarke, www.TasteforLife.com • **"A comprehensive analysis of organic food: Evaluating nutritional value and impact on human health"** by A. Rahman et al., *Foods*, 1/24 • **"Organic foods: Are they better for you?,"** Cleveland Clinic Health Essentials, www.Health.ClevelandClinic,org, 5/8/24 • **"Organic foods: Are they safer? More nutritious?"** by Mayo Clinic Staff, www.MayoClinic.org, 2/28/25 • **"Organic Trade Association reports sales of organic products at $71.6 billion with growth rate more than doubling overall marketplace,"** press release, Organic Trade Association, www.ota.com, 4/23/25 • **"Perspective: Organic food consumption during pregnancy and the potential effects on maternal and offspring health"** by B. Liu et al., *Advances in Nutrition*, 1/23

Choose what's right for you

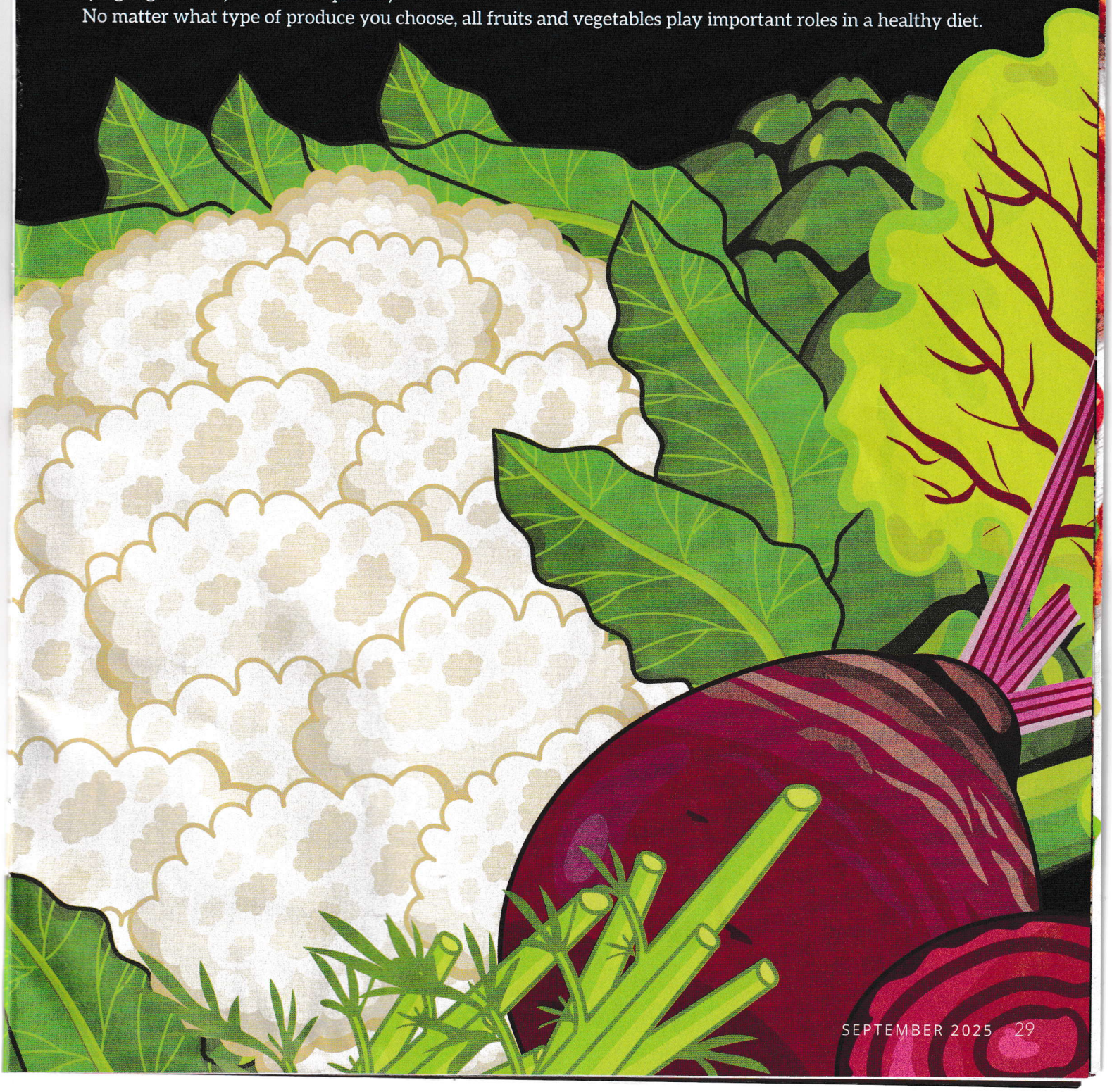
Each year, the Environmental Working Group (EWG) identifies the Dirty Dozen, a report on pesticide residues found on conventionally grown produce. These items, which include spinach, strawberries, greens, grapes, peaches, cherries, nectarines, pears, apples, blackberries, blueberries, and potatoes, show a higher number of residues.

EWG's Clean Fifteen list highlights produce with the lowest number of residues: pineapples, sweet corn (fresh and frozen), avocados, papaya, onion, sweet peas (frozen), asparagus, cabbage, watermelon, cauliflower, bananas, mangoes, carrots, mushrooms, and kiwi.

If you're shopping with a budget in mind, you might opt for conventionally grown versions of produce with fewer residues and consider organic for items that typically rank higher.

Another thing to note: If a fruit or vegetable has a peel that will be discarded (like pineapples and avocados), buying organic may be less of a priority.

No matter what type of produce you choose, all fruits and vegetables play important roles in a healthy diet.



CAULIPOWER®

thin & crispy **CAULIFLOWER CRUST**

no **ARTIFICIAL INGREDIENTS**

always **GLUTEN FREE**

Learn more at **eatCAULIPOWER.com**

GREENFIELD
NATURAL* MEAT CO.

WE PACK THE GOOD YOU PACK THE LOVE

RAISED WITH NO ANTIBIOTICS | Carbon zero made by a CARBON NEUTRAL COMPANY | HUMANELY RAISED

*NO artificial ingredients. Minimally processed. © 2025 Greenfield Natural Meat Co.™ All Rights Reserved.

PLANT-BASED
FIELD ROAST
MEAT & CHEESE CO

Make Taste Happen For Lunch.

Field Roast Plant-based Reuben featuring
Smoked Tomato Deli Slices and Chao Creamy Original Slices

For more recipe inspiration, visit **FieldRoast.com**

NON GMO Project VERIFIED nongmoproject.org | Carbon zero made by a CARBON NEUTRAL COMPANY | Vegan

©2025 Field Roast

Wegmans Organic
Marinated Chicken Breasts!
Now in a premium, leak-free tray!
Available in a single OR double pack.
Shop Now!
Lemon Garlic Chicken Breast Cutlets
Lemon Garlic Chicken Breast Cutlet
THE EXCELLENT CHICKEN SINCE 1894
Organic
Bell & Evans
AIR CHILLED
Try all 3 flavors! Lemon Garlic, Cilantro Lime and Backyard BBQ